



U.S. POSTAGE
PAID
ROCKLIN, CA
Permit No. 56

CITY OF ROCKLIN
COMMUNITY SERVICES & FACILITIES
2650 SUNSET BLVD.
ROCKLIN, CA 95677-2720



**More
choices!**

**2nd
Location
Added!**



AQUATICSPROGRAM
FEBRUARY - AUGUST 2006



2006 CITY OF ROCKLIN Aquatics Program



Swim Lessons

Have you Heard? We have a lot more to offer!

Two pools = more choices! With the completion of the new Whitney High School Aquatic Complex, the City of Rocklin is able to offer nearly twice the swim lesson spots as last year. Finding a class for you will be easy. Look for more private lessons, adult lessons, and a brand new Splish Splash Workout - a two-part enrollment that includes a lesson/splash time for the preschooler while the parent participates in aqua exercise in the adjacent pool (see page 3). Check out our fun new programs: Hydro Games and Teen Time too!

Rocklin Resident Priority Mass Swim Registration

Saturday, March 11
9:30 am - 12:30 pm
Rocklin Sunset Center, Main Hall
\$45 per session

*See pages 4-9
for levels and lesson schedule*

We have a space for you!

How To Get Aquatics Information

Please do not call the high schools regarding the City of Rocklin Aquatics programs. Call the following numbers for aquatics information.

625-5200 : Now - June 9
632-4190 : June 12 - August 20



Contents

Page 2:	Spring Aquatics Programs & Aquatics Job Center
Page 3:	Youth Waterpolo, Teen Time, Jr. Instructor Camp, Pool Safety & Water Workouts
Page 4:	Adult Swim & Swim Lesson Information
Page 5:	Swim Lesson Levels
Page 6 - 7:	Rocklin Aquatics Complex Swim Sessions
Page 8 - 9:	Whitney Aquatics Complex Swim Sessions
Page 10:	Recreational Swim, Hydro Games & Parties at the Pool
Page 11:	Aquatics Registration Form

Facilities

Rocklin Aquatic Complex

5301 Victory Lane • 632-4190

Recently resurfaced! The Rocklin Aquatic Complex consists of an 8-lane pool and a beach-front-entry wading pool. Features include a concession stand and shaded picnic area.

NEW!

Whitney High Aquatic Complex

701 Wildcat Blvd. • 632-4190

The City of Rocklin is proud to jointly operate the Whitney High School pool with the Rocklin School District. This expansive 12-lane competition pool, located at the new high school site, features two 1-meter diving boards and overflow gutters.

Memorial Park

3970 Rocklin Road

Experience a fun way to cool off in the hot sun of Rocklin with squirts, streams, and surprises! Enjoy the water features at Memorial Park on Rocklin Road. The nine water activities will open in springtime when the weather is suitable.

Beginning May 1st, the tentative hours are:

Monday - Friday from 3:00 - 7:00 pm

Saturdays and Sundays from 12:00 - 7:00 pm

Closing hours will be extended according to the hours of sunset.

Whitney High School Aquatic Complex OPENING CELEBRATION

SATURDAY, JUNE 17, 2006

1:00 - 4:30 PM

FREE SWIM

Join the City of Rocklin in celebrating the new Whitney High School Aquatic Complex. Special treats and free fun for all!

Spring Aquatics

*In compliance with the Americans with Disabilities Act, the City of Rocklin encourages access and participation to all.
For special accommodations, please notify staff at time of registration. Scholarships Available.*

TRAINING CLASSES

Junior Instructor Swim Camp

11+ yrs

Earn community service hours! Learn Junior Instructor pool responsibilities, such as teaching techniques, supervising children, water safety, and general pool procedures. Those who successfully complete the course requirements receive a certificate and are eligible to volunteer as a Junior Instructor / Guard. Book is included.

Rocklin Aquatic Complex
April 10 - 13
Mon - Thurs, 9:00 am - 2:00 pm
\$90 / \$80 Resident Discount
#3730.504

Note: Look on page 3 for the June class.

Lifeguard Training

15½+ yrs

Learn American Red Cross lifeguard skills, CPR for the Professional Rescuer, and Standard First Aid. Books included. A California lifeguard will also need First Aid for Lifeguards (Title 22 First Aid).

Whitney High Aquatic Complex
April 10 - 14
Mon - Fri, 8:00 am - 4:00 pm
\$130 / \$120 Resident Discount
#3731.504

First Aid for Lifeguards (Title 22)

15½+ yrs

First Aid for Public Safety Personnel meets Title 22 requirements. CPR for the PR card must be presented at the start of the class. A 3-year card is issued. An Emergency Response book is required and can be purchased from the Recreation Office for an additional \$40.

Whitney High Aquatic Complex
April 10 - 13
Mon - Thurs, 6:00 - 10:00 pm
#3732.504 \$45 / \$40 Resident Discount
#3740.504 \$40 Book

Water Safety Instructor Course

16 yrs

Learn the mechanics of swimming and diving and proper teaching techniques to become a Red Cross swim instructor. **Participants must attend ALL classes to receive Red Cross Certification.**

Whitney High Aquatic Complex
Saturdays 9:00 am - 3:00 pm
Sundays 4:00 am - 9:00 pm
#3735.504 \$143 / \$133 Resident Discount
\$57 Book
Sat/Sun April 22 - 23
Sat/Sun April 29 - 30
Sat/Sun May 6 - 7

SPECIAL INTEREST CLASSES

Aqua Exercise

12 yrs - Adult

Follow the leader in this fun, upbeat water resistance fitness workout! New students welcome.

Rocklin Aquatic Complex
February 21 - June 8
Mon - Thurs, 7:00 - 8:00 pm
\$4 / class
\$30 / 10-class card

Lap Swim

12 yrs - Adult

Swim pool lengths at your own pace. Reduce stress and get in shape in an environment easy on your joints!

Rocklin Aquatic Complex
February 21 - June 8
Mon - Thurs, 7:00 - 9:00 pm
\$3 / swim
\$20 / 10-swim card

Call (916) 632-4190 for inclement weather updates.

Discover Diving

12+ yrs

Scuba diving is adventurous, challenging, and fun. We are offering evening and weekend classes in conjunction with Nautilus Diving and Sports Center. Classes include instruction, supervision and use of scuba equipment for pool classes. Class meets on a monthly basis. Dates to be determined. For details, please call (916) 624-DIVE (3483).

Aquatics Job Center

Looking for a fun job?

You'll find it here. The addition of a second site has created a number of new job openings.

Join the City of Rocklin Aquatics Team!

We are now hiring to fill these positions:

Swim Lesson Aide
Cashier
Head Cashier
Lifeguard
Swim Instructor
Head Lifeguard
Head Swim Instructor
Assistant Pool Manager
Pool Manager

Many of the positions require prerequisite classes such as those listed on this page. Please see specific job flyer for details. For applications, apply at the Sunset Center, 2650 Sunset Blvd., (916) 625-5200, or Human Resources, 3970 Rocklin Rd., www.ci.rocklin.ca.us, or call (916) 625-5050. EOE.

Summer Aquatics

In compliance with the Americans with Disabilities Act, the City of Rocklin encourages access and participation to all. For special accommodations, please notify staff at time of registration. Scholarships Available.

TEEN PROGRAMS

NEW!

Water Polo Camps

5th - 8th grade

Join RHS Coach Caminiti and the RHS waterpolo team in a week-long basic waterpolo camp. Learn basic rules of waterpolo, ball-handling skills, eggbeater kick and treading through simple drills and scrimmaging.

Rocklin Aquatic Complex

June 19 - 23

Mon - Fri

\$65 / \$60 Resident Discount

8:00 am - 10:00 am

Boys

#3743.506

10:00 am - 12:00 pm

Girls

#3742.506

NEW!

Waterpolo Swim Conditioning

14+ yrs

Special conditioning program targeted for high school age waterpolo players and lead by seasoned coach.

Rocklin Aquatic Complex

June 27 - August 10*

Tuesdays & Thursdays, 8:00 - 10:00 am

\$65 / \$60 Resident Discount

#3744.506

*No class 7/4, 7/6

NEW!

Totally Teen Time

12 - 15 yrs

A time designated to teens! Music, swimming, hydro games, dancing, and much more. Snack bar will be open.

Rocklin Aquatic Complex

June 17, July 8, July 22, August 5

Saturdays, 6:00 - 9:30 pm

\$5 per teen

Junior Instructor Swim Camp

11+ yrs

Earn community service hours! Learn Junior Instructor pool responsibilities, such as teaching techniques, supervising children, water safety, and general pool procedures. Those who successfully complete the course requirements receive a certificate and are eligible to volunteer as a Junior Instructor / Guard. Book is included.

Whitney High Aquatic Complex

June 19 - 22

Mon - Thurs, 9:00 am - 2:00 pm

\$90 / \$80 Resident Discount

#3730.506

NEW!

Backyard Pool and Water Safety

Learn the basics of water safety and gain a general knowledge to keep your swimmers safe. Course will review the importance of pool rules, basic chemical testing of pool water, techniques for using pool equipment as safety and rescue tools, and discuss ways to be safer around a pool. Suit up!

WATER WORKOUTS

Low Impact Aqua Exercise

This class will work muscles and improve circulation, yet is easy on your joints.

Rocklin Aquatic Complex

Mon, Wed, Fri, 8:00 - 9:00 am

\$25 / \$20 Resident Discount

June 26 - July 7

#3737.506

July 10 - 21

#3737.507

July 24 - August 4

#3737.517

August 7 - 18

#3737.508

Intermediate Aqua Exercise

This class will get your heart rate going by combining resistance training with a cardio workout.

\$40 / \$35 Resident Discount

\$4 Drop-in

Rocklin Aquatic Complex

Mon - Fri, 9:00 - 10:00 am

June 26 - July 7

#3738.506

July 10 - 21

#3738.507

July 24 - August 4

#3738.517

August 7 - 18

#3738.508

Whitney Aquatic Complex

Mon - Fri, 7:30 - 8:30 pm

June 12 - 23

#3739.506

June 26 - July 7

#3739.516

July 10 - 21

#3739.507

July 24 - August 4

#3739.517

August 7 - 18

#3739.508

NEW!

Splash Splash Workout

Parents get a high impact, half-hour water exercise workout while their Guppy Level (3-5 year old) swimmer has a lesson and play time in the small pool. It's a great package deal.

Rocklin Aquatic Complex

\$65 / \$60 Resident Discount

Mon - Fri

4:00 - 4:30 pm

4:30 - 5:00 pm

June 26 - July 7

#3740.506

#3741.506

July 10 - 21

#3740.507

#3741.507

July 24 - August 4

#3740.517

#3741.508

August 7 - 18

#3740.508

#3741.509

**FAMILY
WATER
SAFETY**

Whitney Aquatic Complex

Saturdays, 9:00 - 11:00 am

\$10 per person / \$20 per family of four

June 3

#3745.506

July 8

#3745.507

August 5

#3745.508

Adult Swim

Swim Lessons are not just for youngsters. Adults may partake in lessons with patient and qualified instructors to learn to swim as a Beginner or learn to swim better as an Intermediate. Both levels may register for each time.

Beginner Lessons

For adults who want to feel confident in the water and learn floating, gliding and stroking.

Intermediate Lessons

For adults who want to improve strokes and build endurance.

June 26 - July 7
July 10 - 21
July 24 - August 4

Rocklin Aquatic Complex
Mon, Wed, Fri, 9:00 - 9:30 am
\$40 / \$36 Resident Discount

Whitney Aquatic Complex
Mon - Fri, 7:55 - 8:25 pm
\$50 / \$45 Resident Discount

Lap Swim

Enjoy time to swim laps and receive the benefits of low-impact exercise conditioning in a cool environment. It's time to Step up to Health.

June 26 - August 18
\$3 / swim; \$22 / 10-swim card
Rocklin Mon, Wed, Fri 8:00 - 9:00 am
Rocklin Mon - Fri 4:00 - 5:00 pm
Whitney Mon - Fri 7:30 - 9:00 pm



Swim Conditioning

Ever thought of swimming across the United States? Well now's your chance. With the aid of a conditioning coach, you will be motivated and encouraged to set personal goals, log your miles, and swim the distance.

Whitney Aquatic Complex
Mon - Fri, 7:30 - 9:00 pm
\$32 / \$30 Resident Discount
June 26 - July 6* #3736.516
July 10 - 20 #3736.507
July 24 - August 3 #3736.517
August 7 - 18 #3736.508
*No class 7/4

Rocklin Wave

The Rocklin Wave is entering its ninth season of youth recreational swim team competition. The Rocklin Wave season consists of swim practices, meets and championships. Contact the team at www.rocklinwave.com or at (916) 497-1444.

Youth Swim Lessons

Priority Mass Swim Registration

Saturday, March 11

9:30 am - 12:30 pm for Rocklin Residents ONLY
Register at the City of Rocklin, Sunset Center Main Hall
2650 Sunset Blvd. • (916) 625-5200

One registration form per swimmer.

Aquatics staff will be on-hand to assist with class selections.

Movies will be shown to children in the Sunset Room.

Mail-In Registration: March 15 - June 9,
followed by on-going registration at the pool.

Rocklin swim lessons are taught by qualified instructors. Each session consists of ten 30-minute lessons for two consecutive weeks.

SESSION DATES

Session 1: June 12 - 23 (pm only)
Session 2: June 26 - July 7 (No class 7/4)
- 9 classes only
Session 3: July 10 - 21
Session 4: July 24 - August 4
Session 5: August 7 - 18

SWIM LESSON PRICES PER SESSION

ONE session = TEN days of 30-minute swim lessons

Swim Lessons: \$50 / \$45 Resident Discount

WAITING LISTS

Once a class is filled, a waiting list will be taken. New classes are formed based on interest.

PRIVATE & SEMI-PRIVATE LESSONS



Private swim lessons are intended to provide customized instruction for those with special needs, or for those who want a more personally-designed lesson. The ratio of one student per one instructor allows for more practice time and immediate feedback, which yields a greater opportunity for stroke development and immediate improvement. Pre-set groups of 2 or 3 may register for semi-private lessons.

1-student private lesson
\$170 / \$160 Resident Discount

2-student private lesson
\$210 / \$200 Resident Discount

3-student private lesson
\$250 / \$240 Resident Discount

Swim Lesson Levels and Age Recommendations

**If your child needs special accommodations, please notify our staff at the time of registration.*

Parent Participation



Frog & Tadpole 9 - 20 mo
Youngsters learn early that water is a fun place for experimentation. Instructors and aides work closely with parent and child, teaching safety and proper progression of skills through songs, games, and water play.



Duck & Duckling 21 mo - 5 yrs
Same as Frog / Tadpole, but for the older toddler.

Beginning Swim



Guppy 1 - Level 1a 3 - 5 yrs
For children who are independent of their parents. Water adjustments skills are taught through the use of songs, games and fun. Much class time is spent in the wading pool.



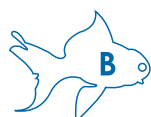
Guppy 2 - Level 1b 3 - 5 yrs
For the more confident new swimmer. This class may be taught in both small and large pools. Children will float on front and back, kick and use arm strokes while being assisted.



Minnow - Level 1c 3 - 5 yrs
The Minnow level is the first big step in our learn-to-swim program. Your swimmer should be able to move through the water unassisted comfortably. Swimmers will be taught floats, glides, and beginner freestyle. Swimmers are expected to put these skills to work and reach instructor (7 feet) from the side.



Goldfish A - Level 1 5 - 7 yrs
Goldfish A builds on basic skills such as prone and back glides, front and back arm action, and breathing. First-time swimmers welcome.



Goldfish B - Level 1 8+ yrs
Goldfish B is developed to help older students feel comfortable in the water while still learning the skills in Goldfish A.

Intermediate Swim



Starfish - Level 2a 5+ yrs
Starfish learn to float on their front and back without support and to recover to a vertical position. They learn basic breath control, flutter kick on their front and back, and turning over.



Sea horse - Level 2b 5+ yrs
Sea horse is a continuation of Starfish. Student will review skills and learn alternate arm action on front and back, coordinating the flutter kick with the arm action, and personal safety and rescue skills.



Otter - Level 3 6+ yrs
Otters coordinate front and back crawl, improve breathing, strokes, and endurance, and will be introduced to elementary backstroke and treading water.

Advanced Swim



Porpoise - Level 4 7+ yrs
Porpoises develop confidence in strokes and improve other aquatic skills. Endurance will be increased by swimming familiar strokes for 25 yards. Breast stroke, sidestroke, turning at the wall, and CPR will be introduced.



Stingray Level 5 7+ yrs
Coordination and refinement of strokes is continued. Butterfly, open turns, feet first surface dive, and springboard diving will be introduced. Students perform 50-yard swims.



Barracuda - Level 6 7+ yrs
Students polish their strokes to swim efficiently and smoothly over greater distances (for 100 yards). Advanced turns and surface dives will be introduced.



Shark - Level 7 7+ yrs
For the potential Junior Instructor. Students perfect strokes and develop good fitness habits. Springboard diving and advanced rescue skills are taught also. Students swim 500 yards using all strokes non-stop to pass this class.








Springboard Diving - 7+ yrs



Learn diving basics from approaches to entries and progressive dives, including tucks and pikes. Skills will progress as student levels permit.

Rocklin Aquatic Complex Swim Sessions










5301 VICTORY LANE

	SESSION one June 12 - 23 (pm only)	SESSION two June 26 - July 7 (No class 7/4)	SESSION three July 10 - 21	SESSION four July 24 - August 4	SESSION five August 7 - 18
Frog & Tadpole 	5:00 - 5:30 pm 6:45 - 7:15 pm	10:00 - 10:30 am 10:35 - 11:05 am 5:00 - 5:30 pm 6:45 - 7:15 pm	11:10 - 11:40 am 5:35 - 6:05 pm 6:10 - 6:40 pm	10:00 - 10:30 am 11:10 - 11:40 am 5:35 - 6:05 pm 6:10 - 6:40 pm	10:00 - 10:30 am 6:10 - 6:40 pm 6:45 - 7:15 pm
Duck & Duckling 	5:35 - 6:05 pm	11:10 - 11:40 am 11:45 - 12:15 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 7:20 - 7:50 pm	10:00 - 10:30 am 10:35 - 11:05 am 11:45 - 12:15 pm 5:00 - 5:30 pm 6:45 - 7:15 pm	11:45 - 12:15 pm 12:20 - 12:50 pm 5:00 - 5:30 pm 6:45 - 7:15 pm	10:35 - 11:05 am 5:35 - 6:05 pm
Guppy 1 	5:00 - 5:30 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 6:45 - 7:15 pm 7:20 - 7:50 pm	10:00 - 10:30 am 10:35 - 11:05 am 11:10 - 11:40 am 11:45 - 12:15 pm 12:20 - 12:50 pm 5:00 - 5:30 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 6:45 - 7:15 pm	10:00 - 10:30 am 10:35 - 11:05 am 11:10 - 11:40 am 11:45 - 12:15 pm 12:20 - 12:50 pm 5:00 - 5:30 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 6:45 - 7:15 pm 7:20 - 7:50 pm	10:00 - 10:30 am 10:35 - 11:05 am 11:45 - 12:15 pm 12:20 - 12:50 pm 5:00 - 5:30 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 6:45 - 7:15 pm 7:20 - 7:50 pm	10:00 - 10:30 am 10:35 - 11:05 am 11:10 - 11:40 am 11:45 - 12:15 pm 12:20 - 12:50 pm 5:00 - 5:30 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 6:45 - 7:15 pm
Guppy 2 	5:00 - 5:30 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 7:20 - 7:50 pm	10:00 - 10:30 am 10:35 - 11:05 am 11:10 - 11:40 am 11:45 - 12:15 pm 12:20 - 12:50 pm 5:00 - 5:30 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 6:45 - 7:15 pm	10:00 - 10:30 am 10:35 - 11:05 am 11:45 - 12:15 pm 12:20 - 12:50 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 6:45 - 7:15 pm 7:20 - 7:50 pm	10:00 - 10:30 am 10:35 - 11:05 am 11:45 - 12:15 pm 12:20 - 12:50 pm 5:00 - 5:30 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 7:20 - 7:50 pm	10:35 - 11:05 am 11:10 - 11:40 am 12:20 - 12:50 pm 5:00 - 5:30 pm 5:35 - 6:05 pm 6:45 - 7:15 pm
Minnow 	5:35 - 6:05 pm 6:10 - 6:40 pm 7:20 - 7:50 pm	10:35 - 11:05 am 11:45 - 12:15 pm 5:00 - 5:30 pm 6:10 - 6:40 pm 6:45 - 7:15 pm	10:00 - 10:30 am 11:10 - 11:40 am 12:20 - 12:50 pm 5:00 - 5:30 pm 6:45 - 7:15 pm	10:35 - 11:05 am 11:45 - 12:15 pm 12:20 - 12:50 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 6:45 - 7:15 pm 7:20 - 7:50 pm	10:00 - 10:30 am 11:10 - 11:40 am 12:20 - 12:50 pm 5:00 - 5:30 pm
Goldfish A 	5:00 - 5:30 pm 6:10 - 6:40 pm	10:00 - 10:30 am 5:35 - 6:05 pm 7:20 - 7:50 pm	11:10 - 11:40 am 11:45 - 12:15 pm 12:20 - 12:50 pm 5:00 - 5:30 pm 5:35 - 6:05 pm	10:35 - 11:05 am 11:10 - 11:40 pm 6:45 - 7:15 pm	11:10 - 11:40 am 11:45 - 12:15 pm 5:00 - 5:30 pm
Goldfish B 	6:45 - 7:15 pm 7:20 - 7:50 pm	10:35 - 11:05 am 12:20 - 12:50 pm 7:20 - 7:50 pm	10:35 - 11:05 am 6:10 - 6:40 pm 7:20 - 7:50 pm	11:10 - 11:45 am 5:35 - 6:05 pm 6:45 - 7:15 pm	11:10 - 11:40 am 12:20 - 12:50 pm

ALL AQUATICS CLASSES AND ACTIVITIES ARE SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE.

Rocklin Aquatic Complex Swim Sessions

5301 VICTORY LANE (CONT.)







	SESSION one June 12 - 23 (pm only)	SESSION two June 26 - July 7 (No class 7/4)	SESSION three July 10 - 21	SESSION four July 24 - August 4	SESSION five August 7 - 18
Starfish 	5:35 - 6:05 pm 6:10 - 6:40 pm 6:45 - 7:15 pm 7:20 - 7:50 pm	10:00 - 10:35 am 11:45 - 12:15 pm 5:35 - 6:05 pm 6:45 - 7:15 pm	10:35 - 11:05 am 12:20 - 12:50 pm 5:00 - 5:30 pm 7:20 - 7:50 pm	10:00 - 10:30 am 12:20 - 12:50 pm 5:00 - 5:30 pm 6:10 - 6:40 pm 7:20 - 7:50 pm	10:00 - 10:30 am 11:45 - 12:15 pm 12:20 - 12:50 pm 5:35 - 6:05 pm 6:10 - 6:40 pm
Seahorse 	5:00 - 5:30 am 6:10 - 6:40 pm 6:45 - 7:15 pm	11:10 - 11:40 am 12:20 - 12:50 pm 5:00 - 5:30 pm 6:10 - 6:40 pm 7:20 - 7:50 pm	10:00 - 10:30 am 11:10 - 11:40 am 5:00 - 5:30 pm 5:35 - 6:05 pm 6:45 - 7:15 pm	10:35 - 11:05 am 11:10 - 11:40 am 11:45 - 12:15 pm 5:35 - 6:05 pm 7:20 - 7:50 pm	10:00 - 10:30 am 11:45 - 12:15 pm 5:00 - 5:30 pm
Otter 	5:35 - 6:05 pm 7:20 - 7:40 pm	10:35 - 11:05 am 11:45 - 12:15 pm 5:00 - 5:30 pm 6:45 - 7:15 pm	10:00 - 10:30 am 11:45 - 12:15 pm 6:10 - 6:40 pm 7:20 - 7:50 pm	10:35 - 11:05 am 11:10 - 11:40 am 6:10 - 6:40 pm 7:20 - 7:50 pm	10:35 - 11:05 am 6:10 - 6:40 pm
Porpoise 	6:10 - 6:40 pm 6:45 - 7:15 pm	10:00 - 10:30 am 5:35 - 6:05 pm 7:20 - 7:50 pm	11:10 - 11:40 am 12:20 - 12:50 pm 5:00 - 5:30 pm	10:00 - 10:30 am 11:45 - 12:15 pm 5:00 - 5:30 pm 6:45 - 7:15 pm	10:00 - 10:30 am 6:45 - 7:15 pm
Stingray 	5:00 - 5:30 pm	11:10 - 11:40 am 6:10 - 6:40 pm	10:00 - 10:30 am 11:45 - 12:15 pm 6:45 - 7:15 pm	11:10 - 11:40 am	10:35 - 11:05 am 11:45 - 12:15 pm
Barracuda 	(Session offered at Whitney)	12:20 - 12:50 pm	10:35 - 11:05 am 5:35 - 6:05 pm	12:20 - 12:50 pm	12:20 - 12:50 pm
Shark 	(Session offered at Whitney)	11:10 - 11:40 am 6:45 - 7:15 pm 7:20 - 7:50 pm	11:10 - 11:50 pm	6:45 - 7:15 pm	
Diving 	5:00 - 5:30 pm 5:35 - 6:05 pm	10:35 - 11:05 am 11:10 - 11:40 am 5:35 - 6:05 pm 6:10 - 6:40 pm	10:35 - 11:05 am 11:10 - 11:40 am 5:35 - 6:05 pm 6:10 - 6:40 pm	10:35 - 11:05 am 11:10 - 11:40 am 5:35 - 6:05 pm 6:10 - 6:40 pm	10:35 - 11:05 am 11:10 - 11:40 am 5:35 - 6:05 pm 6:10 - 6:40 pm
Private & Semi 	6:45 - 7:15 pm 7:20 - 7:50 pm	9:00 - 10:00 am 10:35 - 11:05 am 11:10 - 11:40 am 12:20 - 12:50 pm 5:00 - 5:30 pm 7:20 - 7:50 pm	10:35 - 11:05 am 11:45 - 12:15 pm 12:20 - 12:50 pm 6:10 - 6:40 pm 7:20 - 7:50 pm	10:00 - 10:30 am 5:00 - 5:30 pm 7:20 - 7:50 pm	10:35 - 11:05 am 11:10 - 11:40 am 12:20 - 12:50 pm

NEW Splish Splash Workout: For parent & child. FUN FOR ALL!
See Page 3

ALL AQUATICS CLASSES AND ACTIVITIES ARE SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE.

Whitney Aquatic Complex Swim Sessions

701 WILDCAT BLVD.









	SESSION one June 12 - 23 (pm only)	SESSION two June 26 - July 7 (No class 7/4)	SESSION three July 10 - 21	SESSION four July 24 - August 4	SESSION five August 7 - 18
Frog & Tadpole 	6:10 - 6:40 pm	11:10 - 11:40 am 5:00 - 5:30 pm	11:45 - 12:15 pm 5:35 - 6:05 pm 6:10 - 6:40 pm	10:35 - 11:05 am 11:10 - 11:40 am 5:00 - 5:30 pm 6:45 - 7:15 pm	
Duck & Duckling 	6:45 - 7:15 pm	10:35 - 11:05 am 11:45 - 12:15 pm 5:35 - 6:05 pm 6:10 - 6:40 pm	12:55 - 1:25 pm 5:00 - 5:30 pm 6:45 - 7:15 pm	11:10 - 11:40 am 11:45 - 12:15 pm 12:20 - 12:50 pm 5:35 - 6:05 pm 6:10 - 6:40 pm	10:35 - 11:05 am 5:00 - 5:30 pm
Guppy 1 	5:00 - 5:30 pm 5:35 - 6:05 pm 6:45 - 7:15 pm	10:35 - 11:05 am 11:10 - 11:40 am 11:45 - 12:15 pm 12:20 - 12:50 pm 12:55 - 1:25 pm 5:00 - 5:30 pm 6:10 - 6:40 pm 6:45 - 7:15 pm	10:35 - 11:05 am 12:20 - 12:50 pm 6:45 - 7:15 pm	10:35 - 11:05 am 12:55 - 1:25 pm 5:00 - 5:30 pm 5:35 - 6:05 pm 6:10 - 6:40 pm	11:10 - 11:40 am 11:45 - 12:15 pm 6:45 - 7:15 pm
Guppy 2 	5:00 - 5:30 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 6:45 - 7:15 pm	10:35 - 11:05 am 11:10 - 11:40 am 12:20 - 12:50 pm 12:55 - 1:25 pm 5:35 - 6:05 pm 6:45 - 7:15 pm	11:10 - 11:40 am 11:45 - 12:15 pm 12:55 - 1:25 pm 5:00 - 5:30 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 7:20 - 7:50 pm	10:35 - 11:05 am 11:10 - 11:40 am 11:45 - 12:15 pm 12:20 - 12:50 pm 12:55 - 1:25 pm 5:00 - 5:30 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 7:20 - 7:50 pm	10:35 - 11:05 am 11:10 - 11:40 am 11:45 - 12:15 pm 5:00 - 5:30 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 7:20 - 7:50 pm
Minnow 	5:35 - 6:05 pm 6:10 - 6:40 pm 7:20 - 7:50 pm	10:35 - 11:05 am 11:45 - 12:15 pm 12:55 - 1:25 pm 5:00 - 5:30 pm 6:10 - 6:40 pm 6:45 - 7:15 pm	10:35 - 11:05 am 11:10 - 11:40 am 11:45 - 12:15 pm 12:20 - 12:50 pm 5:00 - 5:30 pm 5:35 - 6:05 pm 6:10 - 6:40 pm	11:10 - 11:40 pm 11:45 - 12:15 pm 12:20 - 12:50 pm 12:55 - 1:25 pm 5:35 - 6:05 pm 6:45 - 7:15 pm	10:35 - 11:05 am 11:10 - 11:40 am 12:20 - 12:50 pm 5:00 - 5:30 pm 6:10 - 6:40 pm
Goldfish B 	6:10 - 6:40 pm 6:45 - 7:15 pm 7:20 - 7:50 pm	10:35 - 11:05 am 12:20 - 12:50 pm 5:00 - 5:30 pm 5:35 - 6:05 pm 6:10 - 6:40 pm	10:35 - 11:05 am 12:20 - 12:50 pm 6:10 - 6:40 pm	11:10 - 11:40 am 12:20 - 12:50 pm 6:45 - 7:15 pm 7:20 - 7:50 pm	6:45 - 7:15 pm

Now offering Adult Swim Lessons
for Beginning and Intermediate Levels!
See Page 4

ALL AQUATICS CLASSES AND ACTIVITIES ARE SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE.

Whitney Aquatic Complex Swim Sessions

701 WILDCAT BLVD. (CONT.)

	SESSION one June 12 - 23 (pm only)	SESSION two June 26 - July 7 (No class 7/4)	SESSION three July 10 - 21	SESSION four July 24 - August 4	SESSION five August 7 - 18
Starfish 	5:00 - 5:30 pm 5:35 - 6:05 pm 7:20 - 7:50 pm	11:45 - 12:15 pm 12:55 - 1:25 pm 5:35 - 6:05 pm 6:45 - 7:15 pm	11:10 - 11:40 am 5:45 - 6:15 pm 6:45 - 7:15 pm 7:20 - 7:50 pm	10:35 - 11:05 am 11:45 - 12:15 pm 12:55 - 1:25 pm 6:10 - 6:40 pm	11:45 - 12:15 pm 12:20 - 12:50 pm 5:00 - 5:30 pm 6:10 - 6:40 pm 6:45 - 7:15 pm
Seahorse 	5:00 - 5:30 am 6:10 - 6:40 pm	11:10 - 11:40 am 12:20 - 12:50 pm 5:00 - 5:30 pm 6:10 - 6:40 pm	10:35 - 11:05 am 11:10 - 11:40 am 5:00 - 5:30 pm 6:45 - 7:15 pm 7:20 - 7:50 pm	11:10 - 11:40 am 5:00 - 5:30 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 7:20 - 7:50 pm	11:10 - 11:40 am 12:20 - 12:50 pm 5:35 - 6:05 pm 7:20 - 7:50 pm
Otter 	5:35 - 6:05 pm 6:45 - 7:15 pm	10:35 - 11:05 am 11:45 - 12:15 pm 5:00 - 5:30 pm 6:45 - 7:15 pm 7:20 - 7:50 pm	10:35 - 11:05 am 11:10 - 11:40 am 12:20 - 12:50 pm 5:00 - 5:30 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 6:45 - 7:15 pm 7:20 - 7:50 pm	11:45 - 12:15 pm 5:00 - 5:30 pm 6:45 - 7:15 pm 7:20 - 7:50 pm	10:35 - 11:05 am 11:45 - 12:15 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 7:20 - 7:50 pm
Porpoise 	5:35 - 6:10 pm 6:10 - 6:40 pm 7:20 - 7:50 pm	11:45 - 12:15 pm 12:20 - 12:50 pm 5:35 - 6:05 pm 6:45 - 7:15 pm	11:45 - 12:15 pm 12:55 - 1:25 pm 6:45 - 7:15 pm	10:35 - 11:05 am 12:20 - 12:50 12:55 - 1:25 pm 6:45 - 7:15 pm	10:00 - 10:30 am 11:10 - 11:40 am 6:45 - 7:15 pm
Stingray 	5:00 - 5:30 pm	11:10 - 11:40 am 11:45 - 12:15 pm 6:45 - 7:15 pm 7:20 - 7:50 pm	10:35 - 11:05 am 11:45 - 12:15 pm 12:20 - 12:50 pm 5:00 - 5:30 pm 6:10 - 6:40 pm	11:10 - 11:40 am 12:20 - 12:50 pm 5:35 - 6:05 pm 6:10 - 6:40 pm 7:20 - 7:50 pm	10:35 - 11:05 am 12:20 - 12:50 pm 5:00 - 5:30 pm 5:35 - 6:05 pm
Barracuda 	5:00 - 5:30 pm 6:10 - 6:40 pm	12:20 - 12:50 pm 5:35 - 6:05 pm	11:10 - 11:40 am 12:20 - 12:50 pm 5:35 - 6:05 pm 6:45 - 7:15 pm	10:35 - 11:05 am 11:45 - 12:15 pm 12:20 - 12:50 pm 12:55 - 1:25 pm 5:00 - 5:30 pm	11:45 - 12:15 pm 6:10 - 6:40 pm 7:20 - 7:50 pm
Shark 	6:45 - 7:15 pm	11:10 - 11:40 am 12:55 - 1:25 pm 6:10 - 6:40 pm	10:35 - 11:05 am 11:10 - 11:40 am 12:55 - 1:25 pm 7:20 - 7:40 pm	11:10 - 11:40 am 5:35 - 6:05 pm	12:20 - 12:50 pm 5:35 - 6:05 pm
Private & Semi 	5:00 - 5:30 pm 5:35 - 6:05 pm 6:45 - 7:15 pm 7:20 - 7:50 pm	10:35 - 11:05 am 11:10 - 11:40 pm 11:45 - 12:15 pm 12:20 - 12:50 pm 5:00 - 5:30 pm 5:35 - 6:05 pm 7:55 - 8:25 pm	11:45 - 12:15 pm 12:20 - 12:50 pm 12:55 - 1:25 pm 7:20 - 7:50 pm	10:35 - 11:05 am 11:45 - 12:15 pm 12:55 - 1:25 pm 5:00 - 5:30 pm 6:10 - 6:40 pm 6:45 - 7:15 pm 7:20 - 7:50 pm	10:35 - 11:05 am 11:10 - 11:40 am 12:20 - 12:50 pm 6:45 - 7:15 pm 7:20 - 7:50 pm

ALL AQUATICS CLASSES AND ACTIVITIES ARE SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE.

Open Recreational Swim

June 14 - August 20
ROCKLIN AQUATIC COMPLEX

5301 Victory Lane • 632-4190

Tuesday - Sunday, 1:00 - 4:00 pm • No program 7/4

The pool is reserved on Mondays for **Kids Junction** use.

June 14 - August 20
WHITNEY HIGH AQUATIC COMPLEX

701 Wildcat Blvd. • 632-4190

Monday - Saturday, 1:30 - 4:30 pm • No program 6/24 or 7/4

Daily and Season Passes

Summer Season punch cards and passes will be available beginning March 11th. Passes may be used at both pools.

Age	Daily	10-swim Card	Season Pass
Youth (Ages 0 - 17)	\$2	\$15	\$50
Adult (Ages 18 - 54)	\$3	\$25	\$70
Senior (Age 55+)	\$2	\$15	\$50
Family of 4	—	—	\$160*

*(\$20 each additional family member)

Special Aquatic Weekends

Enjoy a themed experience at the pool on specified Saturdays and Sundays. Noodles and inflatable tubes will be provided for a relaxing time. Food for sale.

ROCKLIN AQUATIC COMPLEX

1:00 - 4:00 pm

June 24 - 25	Water Parade (snow cones)
July 15 - 16	Water Carnival (hot dogs)
July 29 - 30	Western Show Down (ice cream)

WHITNEY HIGH AQUATIC COMPLEX

1:30 - 4:30 pm

June 17	Opening Celebration - free swim
July 1 - 2	"America, the Beautiful" (hot dogs)
Aug 5 - 6	Jungle Boogie (snow cones)

Training Drills

Staff conducts on-going safety training throughout the summer. We hold several rescue-type drills to practice emergency procedures and techniques, and to develop teamwork. The Fire Department joins in for water rescue and backboarding drills. These drills teach patrons to understand that one whistle blast means to clear the pool. If you visit during a drill, we thank you for your cooperation.

Hydro Games

Water Basketball

Drop-in water basketball, come as a team or free agent. Two games of half-court basketball can be played at the same time. 5-on-5 play, 20-minute games.

Rocklin Aquatic Complex

June 27 - August 3 (No play 7/4)

Tuesdays & Thursdays, 8:00 - 9:30 pm

\$5 Drop-in

Inner Tube Waterpolo

Drop-in, inner tube waterpolo, come as a team or free agent. Caliber of play will be recreational or competitive, depending on attendance.

Rocklin Aquatic Complex

June 26 - August 2

Mondays & Wednesdays, 8:00 - 9:30 pm

\$5 Drop-in

Parties at the pool

BIRTHDAY PARTY PACKAGE

Consider the Rocklin Aquatic Complex as a splashing alternative for your special function or party. Each birthday party package includes the use of the Rocklin aquatics facility during recreational swim from 1:00 - 4:00 pm. Cost is \$7 per guest (with a minimum of 10 guests). You will receive the following:

- Decorated party table in picnic area for one hour
- Party postcard invitations
- Four Adult chaperone passes

PRIVATE PARTY RENTALS

Reserve the pool for a private one-hour party on weekends before or after public swim from June 17 - August 6. Lifeguard on duty. Reservations are taken on a first-come, first-serve basis.

Standard Fee: \$140 for up to 25 swimmers.

Beginning May 1, call 625-5223.

After June 14, call 632-4190 for available dates and times.

MOONLIGHT SWIM

Enjoy an evening in the cool comfort of the pool. Recreational swim passes and punch cards apply.

WHITNEY HIGH AQUATIC COMPLEX

Saturdays from 6:00 - 9:30 pm

\$3 per person / \$8 per family

July 1

July 15

July 29

August 12



2006

Aquatics Registration

LAST NAME: _____
(ONE SWIMMER per REGISTRATION FORM)

Swimmer's Name: _____ Age: _____ Date of Birth: _____

Address: _____ Apt.: _____ City: _____ Zip: _____

Phone: Day _____ Evening _____ Cell _____

Emergency Contact: Name _____ Phone: _____

Site		Session		
Class		Time		
Code		Fee		

Site		Session		
Class		Time		
Code		Fee		

Site		Session		
Class		Time		
Code		Fee		

Site		Session		
Class		Time		
Code		Fee		

REFUND POLICY

Refunds are issued only if a class is cancelled by the Department, and when date, time, or location of class changes to prohibit attendance. Allow up to 30 business days for processing. Refund requests must be in writing. All requests are subject to approval. Request forms must be submitted at least three days prior to class start date. No other refunds or credits will be made except under special circumstances.

RELEASE & INDEMNITY

In consideration for being permitted by the City of Rocklin and the Rocklin Unified School District to participate in the above activity(ies), I hereby waive, release and discharge any and all claims for damages for personal injury, death, or property damage which I or my child (if participating) may have, or which hereafter accrue to me, or my child, against the city as a result of my or my child's participation in the activity(ies). This release is intended to discharge the city and school district, its officers, officials, employees and volunteers, and any other involved public agencies from and against any and all liability arising out of or connected in any way with my or my child's participation in the activity(ies), even though that liability may arise out of the negligence or carelessness on the part of the persons or public agencies mentioned above. I further understand that accidents and injuries can arise out of the activity(ies); knowing the risks, nevertheless, I hereby agree to assume those risks and to release and to hold harmless all of the persons or agencies mentioned above who (through negligence or carelessness) might otherwise be liable to me, or my child (or my or my child's heirs or assigns) for damages. It is further understood and agreed that this waiver, release and assumption of risk is to be binding of my and my child's heirs and assigns. In addition, I agree to indemnify and hold harmless city and the school district and its officers, officials, employees and volunteers from and against all claims, damages, losses and expenses including attorney fees arising out of my or my child's participation in the activity (ies) described above, caused in whole or in part by my or my child's negligent act, except where caused by the active negligence, sole negligence, or willful misconduct of the city. I give the City of Rocklin permission to use photos taken of me and/or my child in future publications. I HAVE CAREFULLY READ THE ABOVE RELEASE & INDEMNITY AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND AGREEMENT TO INDEMNIFY THE CITY AND I SIGN IT OF MY OWN FREE WILL.

Signature of Participant (if under 18, Parent or Guardian) _____ Date _____

Name (please print): _____

Office Use:	Amount: _____	Ck#: _____	By: _____	Date: _____	Receipt#: _____	By: _____
	Amount: _____	Ck#: _____	By: _____	Date: _____	Receipt#: _____	By: _____
Credit/Refund:	Amount: _____	Reason _____	PO# _____	Date _____	By _____	